



If you have questions, your Health Advisor has answers.

A Health Advisor is available to talk with you one-on-one about your health. They will review your online wellness assessment, discuss your risk factors and answer your questions to get you started on the path to better health. With a Health Advisor, the focus is always on you. During the call, your Health Advisor will explain what programs are available to help you reach your personal health goals.

Get started today!

1. Visit <https://delawell.alerehealth.com> and complete the online Wellness Assessment.
2. Then, call your Health Advisor at 1-866-674-9103 to discuss your results and next steps.

